PRINCIPAL’S MESSAGE

Welcome back! All the children seemed to have grown and all look eager to start the term which is fantastic to see. Term 4 is usually a very busy term and I don’t think this is going to be an exception. We already have many things planned with well renowned theatre company Bell Shakespeare performing this Friday for 3-6. Permission notes and money due in by Thursday please. Notes in newsletter.

Next week the Baroque Musicians will be practising in the Anglican Church and several classes will be privileged enough to hear them for free and some of our band members will be attending workshops as well.

Mr Col Chick will be teaching band for the rest of the year. Mr Chick has been teaching chess during primary culture groups and he has kindly offered to volunteer some extra time in band, which we have gladly accepted. For those of you that don’t know, Mr Chick is an ex teacher at our school and was an award winning band musician. Thank you to Mrs Ramage for teaching during term 3.

Kinderbounce will continue until Kinder Orientation begins on the 28th October. Parent information evening will be held on Wednesday 21st October. We look forward to meeting all parents of Kindergarten 2016. Refreshments will be kindly provided by the P&C.

The weather has warmed up considerably since last term. Please remember hats and plenty of water.

Can parents please remember not to park in the drop off/pick up zone on Belmore St –thank you.

Dates for you diary - Fete 13th November, Presentation Day 15th December.

Have a great week!
Sharon Hawker
Principal
PBL (Positive Behaviour Learning)

During the coming weeks we will be reinforcing our PBL Core Values and building our class rockets by collecting stars for demonstrating responsible, respectful and safe behaviours around our school. We look forward to our first rocket blasting off ........10..9..8..7..6..........

We are a PBL School

PBL is being RESPONSIBLE, RESPECTFUL AND SAFE.

This week’s focus area is: Remember to wear your hat.
Weekly draw winners: Marcus Wythes, Hannah Greenhill, Claire Wright and Hayden Hajje

P & C News

Facebook Page - Canowindra Public School P&C Association - https://www.facebook.com/groups/374938152574268/

Students at our school in years 3–6 have the opportunity to view a play by Andy Griffiths performed by Bell Shakespeare Theatre Company.

‘Just Macbeth’ play will be visiting our school on Friday 9th October

Cost is $9.00 per student

Please complete the permission note below and return to school by Wednesday, 7th October.

‘Just Macbeth’ Play

I give permission for my child / children ________________________________

to attend the ‘Just Macbeth’ play performed by Bell Shakespeare Theatre Company on Friday, 9th October.

Cost

All Students from Year 3 to Year 6 $9.00 each

I enclose $ __________________ to cover the cost for my child/children.

Signed

________________________________________

Date

________________________________________
GET THE APP

It’s easy!! Go to www.canowindra-p.schools.nsw.edu.au on your smartphone, and you will be asked do you want this added to your home screen? Click yes and your done!! You will then have the School calendar and School Newsletter at your fingertips.

Thank you to all the Families that have sent in recipes that are to be included in the ‘Family Favourite Recipe Book’. We are creating as part of our school’s fundraising efforts, it’s not too late to send in your favourite recipes we would love to have a recipe from every family included in the book.

ABSENCE NOTE

CHILD’S NAME: ________________________ CLASS: ______________
I wish to advise that his / her absence on __________________________
was due to_______________________________________________________
Parent / Guardian Signature: __________________________ Date: ____________
A junior tennis competition will be held during term 4, commencing on Friday 16th October from 4 – 5.30pm and will conclude Friday 27th November.

Registrations will be held Friday 9th October from 4-5pm.

All ages and levels are welcome. Modified equipment, balls and racquets will be used for the red and orange stage players. Full size courts will be used for the more advanced juniors.

The cost of the comp is: 1 child $30, 2 children $50, 3 or more children from the one family $70.

Enquiries can be made to Helen Garratt
m 0407139164
ph 63428447

Canowindra Swimming Club News

Canowindra Swimming Club registrations are now open! All members should have received an email with a link to their membership account. Please pay this online ASAP. If you are a new swimmer please go to Swimming NSW website and click on JOIN NOW!

Our first swimming club night will be Friday 23rd October at 5.45pm. If anyone is having trouble registering or paying online please come to our Muster Night on Friday 16th October at 5.45pm. All swimmers need to be financial before the first club night.

All enquiries Sharon Hawker - Registrar 6344 1403

Year 6 to 7 Transition Program

The table below outlines the Year 6 to 7 transition program. The planned activities will provide students and parents with the opportunity to experience a range of school procedures. Throughout this program students will begin building knowledge of their new environment and develop positive relationships with Canowindra High School staff and students.

The first activity is for parents only and includes an information session, a school tour and a light morning tea. Any parents interested in attending need to sign in at the front office on the morning of the session.

If you have any questions please contact the school.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Term 3 Week 6</td>
<td>10.00am-11.00am</td>
<td>Canowindra High</td>
<td>Parent Information Session, School Tour and Morning Tea</td>
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<td>Thursday August 20</td>
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<td>2015</td>
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<td>Term 3 Week 8</td>
<td>8.30am – 3.24pm</td>
<td>Canowindra High</td>
<td>Getting to Know You Activities &amp; Sport</td>
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<td>Tuesday September 1</td>
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<td>2015</td>
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<tr>
<td>Term 4 Week 5</td>
<td>8.30am – 3.24pm</td>
<td>Canowindra High</td>
<td>Experiencing Electives/ Sport</td>
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<td>Wednesday November 4</td>
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<td>2015</td>
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<tr>
<td>Term 4 Week 6</td>
<td>6.30pm</td>
<td>Canowindra High</td>
<td>Family BBQ</td>
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<td>Thursday November 12</td>
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<td>2015</td>
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Nutrition Snippet

The simplest way
...to make a healthy Red Bean dip.

Ingredients
- 1 can of Kidney Beans
- ½ cup reduced-fat natural yoghurt
- 1 tablespoon olive oil
- Pinch salt and pepper
- 1 teaspoon cumin
- 1 tablespoon diced spring onions (optional)
- ⅛ cup diced avocado (optional)
- Vegie sticks to serve

Method
Rinse and drain kidney beans || Place beans, along with yoghurt, olive oil, salt, pepper and cumin into a food processor and blitz until smooth || Spoon into a bowl, and top with spring onions and avocado, if desired || Serve with vegie sticks...delish!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It